

Goal Setting in Japan

This is a session run by Lindsay Lamp. This session will focus on how to set and accomplish your goals, how to maintain motivation and build positivity, how to make the most of your time in Japan, and how to feel prepared for the future using principles of positive psychology. Lindsay studied psychology in university with a particular interest in positive psychology, and worked in therapy for mental health and addiction in the US. She also received certification as a registered behavior technician.

How to Set a Good Goal

So, what makes a goal “good”? It should be:

1. _____

Definition:

2. _____

Definition:

Example: You’re not a person who is particularly passionate about exercise and you decide for the new year that you’re going to “exercise every day.”

What’s wrong with this goal?

So how would we improve this goal? Write a better one!

Types of Goals

I like to break goals into four main categories:

- Daily
- Weekly
- Monthly
- Yearly

Why break goals into categories?

Daily Goals

Definition

Examples

Think about what kinds of practices you'd like to incorporate into your day.

Weekly Goals

Definition

Examples

Think about what weekly goals would look like for you.

Monthly Goals

Definition

Examples

What are your monthly goals?

Yearly Goals

Definition

Examples

Where do you want to be in a year? What do you want to have done?

5 Year Goal

How can you feel prepared?

Maintaining Motivation by Goal Tracking

Methods for goal tracking:

1. _____
2. _____

Why does it help?

There's No Such Thing as "Should"

Do you use the word "should" with yourself?

When you replace "should" with proactivity and positivity, what do you *want* to do? What do you *have* to do?

Be Kind to Yourself

Avoidance: _____

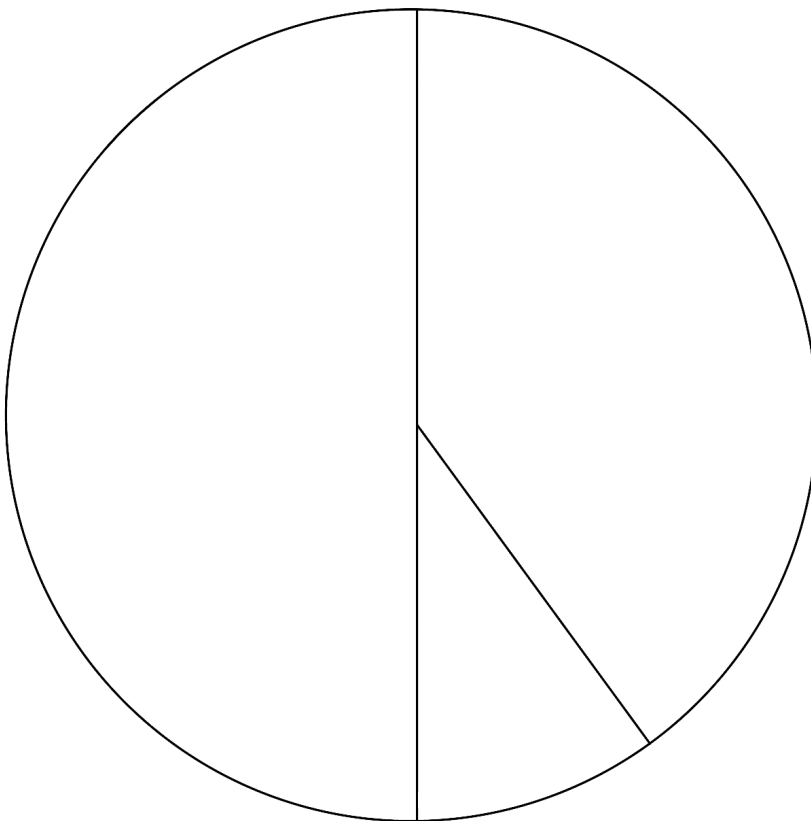
Approach: _____

What is the goal of goal-setting?

A Note on Happiness

Why be happy?

Fill out the pie chart with the appropriate labels and descriptions.



What do happy people do?

Recommended Reading

The How of Happiness - Sonja Lyubomirsky

Finding Flow: The Psychology of Engagement with Everyday Life - Mihaly Csikszentmihalyi

Authentic Happiness - Martin Seligman

What we covered

- How to set measurable and achievable goals
- How to categorize those goals
- How to maintain your motivation
- How to build positivity by reframing our thoughts
- And, being kind to ourselves